

January 2006, Got to be NC Recipe

January is National Soup Month. Try this satisfying, healthy main dish.

N.C. Seafood Chowder

Ingredients

- 2 lb. Fresh N.C. Grouper, Cut into Nuggets
- 2 c. Clams, Canned, with Liquid
- 5 c. N.C. White Potatoes, Sliced
- 3 c. Onions, Chopped
- 2 c. Water
- 2 Tbs. Butter
- 2 Tbs. All Purpose Flour (White, Enriched, Calcium Fortified)
- 1 tsp. Dried Thyme
- 1/2 tsp. Salt
- 1/2 tsp. Ground White Pepper (Black is OK)
- 2 c. Skim or Fat Free Milk

Instructions

In a soup pot over low heat, cook onions in butter for 10 minutes. Stir in flour. Cook for 2 minutes, stirring constantly. Add clams with broth and the water. Bring to a boil over medium-high heat, stirring constantly. Add potatoes, thyme, salt and pepper; reduce heat. Simmer for 10 minutes or until potatoes are tender. Add fish and milk. Simmer for 5 minutes or just until fish is opaque; do not overcook.

Nutrition Facts

Serving Size 8.00 serving(s) (401g)
(About 1 3/4 cup per serving)

Amount Per Serving

Calories 243 **Calories from Fat** 38

% Daily Value

Total Fat 4.2g 7 %

Saturated Fat 2.2g 11 %

Trans Fat 0g

Cholesterol 51.6mg 17 %

Sodium 313.1mg 13 %

Total Carbohydrate 24.2g 8 %

Dietary Fiber 2.7g 11 %

Sugars 6.3g

Protein 26.5g

Vitamin A 8 % Calcium 14 %

Vitamin C 32 % Iron 12 %

There's nothing like a steaming bowl of chowder to keep you warm and nourished in winter. Just look at the Nutrition Facts for the outstanding values provided from this recipe. Using butter eliminates any trans fats. If you prefer a richer soup, add some powdered, fat free milk or fat free evaporated milk for increased texture *and* increased nutrients --but *not* the fat! Or, if you prefer a red style chowder, it's OK to stir in some tomato paste along with the fish. Any species of boneless, firm fleshed fish will work, but the important part is to ask your grocer for available in season species, raised or harvested Fresh From North Carolina Waters.

Visit <http://www.ncagr.com/markets/seafood/availabilitychart.htm>

